

WELLNESS WEDNESDAY

Resources For Residents Seeking Mental Health-Related Assistance



In Crisis?
Call: Dial 988
Online: 988lifeline.org



Flu Clinic for Residents 18-64

The Hingham Health Department will host free flu vaccine clinics for community members aged 18-64. The clinics will take place on Tuesday, Oct. 17, and Wednesday, Oct. 18, from 2-4 p.m. each day. **Pre-registration is required and can be done here.**

Clinics will both be held at Hingham Town Hall in the conference room on the second floor. Please remember to bring your insurance information if you are insured.

50 Walks With Hingham Land Conservation Trust

50 Walks was developed to celebrate HLCT's 50th anniversary in 2022. Filter and sort the walks to identify the ones that suit your needs – perhaps a quick and accessible hike with young children, a trail ride on your bike, or a longer run deep in the woods? Then read all about the properties and get directions for the walk of your choice.

Visit <https://hinghamlandtrust.org/50-walks/> to learn more.

Library Chair Yoga for Everyone

This program is sponsored by the Osher Lifelong Learning Institute at UMass Boston. Participants must be pre-registered OLLI members. Call 617-287-7312 or email ollireg@gmail.com for more information.

Hingham Police Supporting Breast Cancer Awareness

The Hingham Police Department is once again participating in the Pink Patch Project, where Officers have the option to make their shoulder patch pink to raise awareness for breast cancer. Breast cancer awareness merchandise is on sale to benefit charity at the police station through October. Patches are available for purchase at HPD/Town Hall.

If you are over the age of 40 or have questions regarding breast cancer screening, contact your primary care provider or the Health Department at 781-741-1466 if you do not have a primary care provider.

